

Bright Horizons at Greenville Memorial Childcare Center News

From the Director

October has arrived and that means that fall has officially begun! GMCC is excited to celebrate all things fall with our annual Family Pumpkin Decorating Contest and Pumpkin Parade. We would love to see all the creative families that we have at our center! We invite you or your child to decorate a pumpkin and bring it into the center to decorate our hallways. You may place decorated pumpkins outside your child's classroom door starting on Monday, October 29. On Wednesday, October 31, children will participate in a parade through our building to view all the pumpkins. We will also have our Pumpkin Decorating Contest and awards will be given for Best Family Decorated Pumpkins and Best Child Decorated Pumpkins. We can't wait to see all the amazing pumpkins to line our halls!

Important Dates

- Oct. 15-19: Scholastic Book Fair
- Oct. 22: Columbus Day
- Oct. 25: Read for the Record
- Oct. 26: Fall Pictures with Lifetouch
- Oct. 29-31: Bring in decorated pumpkins
- Oct. 31: Pumpkin Parade



Reasons to Celebrate

Happy Birthday!!!

Victoria R.	10/5	Tasi B.	10/13
Lauritz L.	10/7	Pierson T.	10/13
Catherine F.	10/8	Greer G.	10/15
Sinahi B.	10/9	Miss Emily	10/21
Hadley S.	10/9	Paige E.	10/30

Happy Anniversary!!!

Ms. Linda...3 years

Ms. Sue...4 years

Greenville Memorial Childcare Center

Proudly managed by Bright Horizons

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Monday-Friday 6:30a-8:00p



KINDERGARTEN PREP'S FIRST DAY OF SCHOOL

On Tuesday, September 4th, Kindergarten Prep celebrated their first day of school! Fun was to be had by all as we celebrated together. The day started with a fun photo op with moms, dads, and families. Mrs. Katherine assisted with photographs as our Kindergarten Prep friends and their families found fun photo booth props. We continued on by beginning to utilize and learn more about Kindergarten Prep's unique signature practices, beginning with the sign in station, located just outside the KP door, and the Estimation Station. For their first Estimation Station activity, children picked their favorite sea animal, and then later, used this information to create a bar graph and then discuss which sea animal had the most and least number of votes. The children were also able to write in their KP journals, use their Get Set for School Handwriting Without Tears book, and really learn and explore their new environment. We are off to a great start and we cannot wait to see all that these little ones learn in their last year before Kindergarten. It is sure to be a great year!



Kindergarten Prep[™]
READY for SCHOOL

EDUCATION NEWS

Instilling Healthy Habits - Children Learn what they Live

Research shows that families are your child's strongest influence in instilling healthy habits. Families who live physically active lives, eat nutritious foods, and practice good hygiene habits, teach children to do the same. In this busy world, where many adults balance employment with caring for the home and children, there's sometimes a concern that instilling healthy habits take extra time. This isn't necessarily true, but it often requires planning.

Family fitness

Children aren't always interested in fitness, but they thrive on family time. Make physical activity a priority by walking after meals, playing at a park, going for a hike, or heading to a pool. Family chores, such as raking leaves, weeding a garden, and mopping the floor – all these activities get the body moving. Turn on music and make chores a fun family time. Think about building physical activity into your schedule at least three times during the week. It doesn't have to be lengthy or complicated, but you do need to be intentional about it. Write it into your schedule, so it becomes a habit.

Nourishment matters

The key to instilling healthy eating habits in children is to keep nutritious food in the home, and make cooking and eating a pleasant event. Talk with children about making healthy food choices and how different foods make us feel. Having options is helpful because no one likes to be told what to eat. Teaching children about healthy eating involves respecting them to know when they are hungry and full. Saying, "one more bite," makes the eating experience a chore, rather than something pleasurable. Meals can be planned in advance, and all family members can help with the preparation. Children typically eat what they prepare.

Good hygiene

We all know the importance of washing hands, however, how we wash our hands is as important as the frequency. Model and have your children wet their hands and rub them together with soap for twenty seconds. To gauge the time, you might sing Happy Birthday or a seasonal song. Then rinse hands under running water. Teach children to help brush and floss their teeth, but don't expect them to do it independently until they are at least 6 years old, when they develop the coordination to do it thoroughly.

Be it exercise, nutrition, or hygiene, routines help instill healthy habits in all of us!

Resource: *Parents Magazine*, "Eight simple activities to help children experientially learn the importance of developing healthy habits," <https://www.parents.com/health/hygiene/instilling-healthy-habits/>

BRIGHT HORIZONS NEWS

Reading at Home

Bright Horizons wants to learn more about how we can support your growing reader at home. Please take a few minutes to visit this survey and give our Education and Development team your feedback. Thank you!

www.surveymonkey.com/r/6ZFFDGX



Featured Parenting Podcast Episode

Got twins? You're part of a unique club – two-times everything. But what does that mean for your career? Our guest, WBUR managing producer Jessica Alpert Silber, tells her own story of twindom, including work-life strategies for making it through the tough days, and the completely unexpected (but happy) side effect two babies had on her career.



Ep. 18: Work and Life after Twins

On this episode of the Work-Life Equation: twins! Can you be doubly blessed, and still have a career, and your sanity? Our guest says you can. Jessica Alpert Silber, mom of twins and creator of the WBUR children's podcast Circle Round, shares her best twin survival strategies, and why surviving two crying babies might just be the best thing for a working mom's career.

brighthorizons.com/family-resources/podcasts/work-life-after-twins



Check out all the places you can connect with us!